



# Recruit Review

Volume 2, Issue 10

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Accountability  
Integrity  
Respect  
Teamwork  
Professionalism

## Recruits In Action

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Recruit Brann demonstrates the Fireman's Carry with Recruit Spence playing the part of the damsel in distress during First Responder training.



The PIT Maneuver was an all day event with classroom instruction in the morning and actual contact practice in the afternoon with specially caged cars.

**“Celebrities are those who make the news. Heroes are those who make a difference.”**

**-Author Unknown**



Recruit Walters practices his modified jaw-thrust technique on a Resuscitation manikin, which is approximately the size of an 8 year old youth.

## C.P.R. Certification

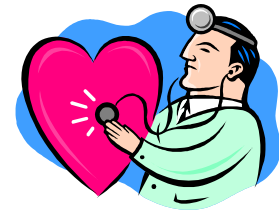
By: Cherise McFarlane

A police officer's career involves many emergency situations when it would be necessary for the officer to assist in saving a person's life. The American Heart Association spent 8 hours with our class on Monday to instruct us in how to deal with certain emergencies. We learned Basic Life Support (BLS) and by the end of the session, we were all CPR certified by practical and written exam.

The information was taught in a "watch and perform" method. The majority of our time was spent practicing

on manikins. We all had an opportunity to work through different scenarios on different aged patients. The groupings of ages are infants (under 1 yr. old), children (up to age 8), and adults. Each age group of patients is treated slightly differently.

The day went by quickly for us. We were able to apply our newly learned skills in multiple scenarios, including



cluding choking, using a defibrillator, and assisting people at different need levels. Some of the class had been previously certified in CPR. Those who had were able to assist the beginners and get a refresher for themselves. We all learned valuable life support techniques and feel confident in our abilities to assist others in need.



## Arrest And Control Tactics

By: Vance Henning

On Wednesday we had another intense night of Arrest and Control Tactics (A&C). Our prior A&C class with Sergeant Hefti consisted of defense against a knife attack. Wednesday we got introduced to gun and baton defense.

First, we learned how to handle being held up at gunpoint. In three different hostage type situations we learned how to disarm, decentralize, and handcuff the subject. The more repetitions we got, the quicker and smoother we all became. When fatigue sets in, we have to be able handle these types of situations without even thinking.

Next, we learned how to handle

being attacked by a baton, bat, or other object that can be swung at us. Here we also learned how to handle three different attack possibilities. We learned how to use the subject's momentum to our advantage. Again, we disarmed, decentralized, and handcuffed the subject. With the continuous repetitions and practicing, all of us became very comfortable with our new learned skills. Along with our new techniques, we participated in four five-minute rounds of continuous disarming.

The whole purpose of these skills is to be able to incorporate them to real life situations. That is why we finished the night off with one more intense five-minute disarming round. This time, it was made to be as real as possible.

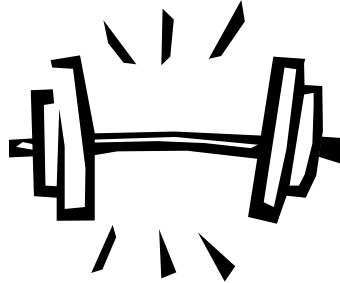
The room was shrunk down, the lights were turned out, a strobe light was turned on, music was blaring, and a foghorn was going. The purpose was to simulate a bar or club scene with many distractions which we must ignore, concentrating on our task at hand. Future simulations include outside in the grass, in the snow, and even in un-padded classrooms. A&C is something extremely useful and something that will help us survive in the most dangerous situations.



## Mid-Term P.T. Test

By: Jeremy Geiszler

On Wednesday, August 21 we took our mid-term physical fitness test. The test consisted of a maximum amount of sit-ups that we could do in one minute, push-ups to muscle failure, bench press, leg press, a 300-meter run, and a one and a half mile run. All of us were required to achieve a cumulative score in the 55<sup>th</sup> percentile in order to



pass the test, and everybody improved his or her scores from week one of the program.

After the test, each of us had a meeting with Sgt. Hefti to set our individual goals for the final physical fitness test to be taken during week twenty. For this test, we will be required to get a cumulative score of 70% in order to graduate from the academy.

## Week In Review

By: Jeff Brann

After having Sunday off, we returned to training on Monday morning for P.T. at 5:00 a.m. Later that morning, we began our training on the use of CPR. We had eight hours of class training and scenarios to work through and took our final examination in the early evening. After successful completion of CPR, we immediately began our introduction to First Responder. This course will continue throughout the academy.

On Tuesday, Retired Captain of the State Patrol Alva Rehberg returned to continue our education on Constitutional Law. The day was spent learning the Laws of Arrest and the basics of the Miranda Warning and how it affects the duties of police officers.

Wednesday was a day of exams for us, both academic and physical. The day began with the mid-term P.T. test, in which the entire class showed improvement from the first testing we did back in week 1. In the afternoon we then had our EVOC and

Pursuit final exams. These exams had been on our minds all week, and everyone was able to achieve passing scores on both tests without any problems. Later on Wednesday afternoon, we moved into report writing where we were able to critique other reports written by our classmates. The original reports were written from a FATS System scenario that we each had to go through, individually. We were able to see just how differently everyone's interpretation was of the same scenario, and gave positive criticism to try and make everyone's reports more consistent and easier to read for any audience.

Thursday picked up where we left off on Monday with our First Responder training. We had a short review and then got a lot more in depth with the tactics and techniques that we will need to be proficient in to maintain our professionalism when we our first on-scene to a potentially traumatic event.

Friday will be a continuation from Thursday as we have First Responder all day again. We will be doing more scenario training and learning

how to properly stabilize a body onto a backboard.

Saturday we will have our first experience with Simunition guns in live-fire action. We have each fired the guns twice—which was back when we had our O.C. day and we had to fire them after being sprayed.

On Sunday we will begin our class on Crash Investigation. Monday we will be learning how to Identify, Collect and Preserve Evidence. Tuesday will be Confessions and Miranda, and Elements of Criminal Offenses, with Mr. Rehberg returning for both of these topics. We continue Evidence Collection on Wednesday and also begin our class on how to Respond to Disasters and HM Incidents. Thursday will be a return to First Responder, and Friday we will have how to Conduct Preliminary Investigations. Saturday and Sunday will be an open weekend for week 11.